

MEDIAN NERVE GLIDES

Perform **10 repetitions** of the following exercises, **3 times a day**

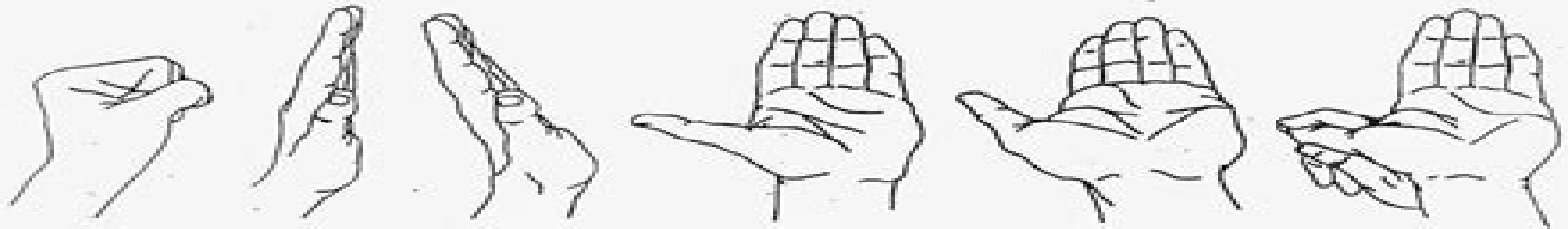
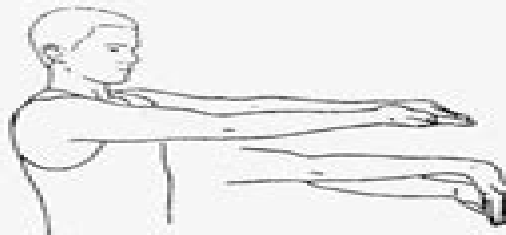


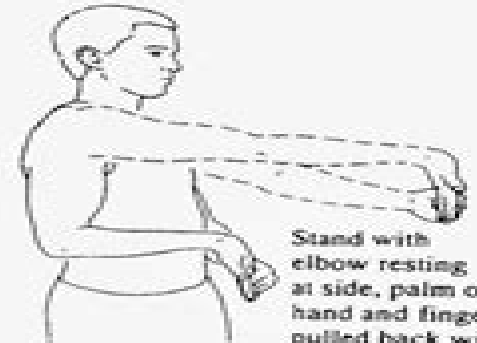
Fig. 34-5. The median nerve gliding program: *position 1*, wrist in neutral, fingers and thumb in flexion; *position 2*, wrist in neutral, thumb in neutral, fingers extended; *position 3*, wrist and fingers extended, thumb in neutral; *position 4*, wrist, fingers, and thumb in neutral; *position 5*, forearm in supination; and *position 6*, the opposite hand applies a gentle stretch to the thumb. (Redrawn from Tooten PA, Hunter JM: *Hand Clin* 7:505, 1991.)



Stand with elbow resting at side, palm up. Use opposite hand to pull hand back, fingers relaxed.

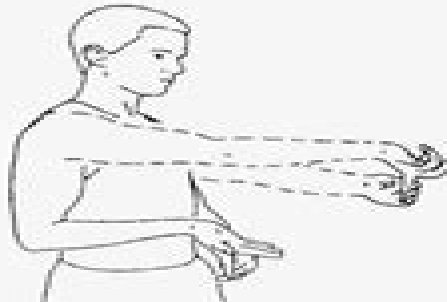


Stand with arm in front of body, palm up. Use opposite hand to pull hand and fingers back.



Stand with elbow resting at side, palm out and fingers pulled back with opposite hand. Keeping hand as fingers pulled to straighten elbow

Stand with elbow resting at side, palm out, index finger and wrist pulled back with opposite hand. Keeping index finger and wrist pulled back, straighten elbow. Repeat with each finger.



Elbows at 90° angle and arms at shoulder level, hands and fingers pulled back, palms up. Alternate pressing hands toward ceiling.

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Katja Dremelj



Median Nerve Gliding Exercises Nehand:

The Carpal Tunnel Syndrome Treatment Katja Dremelj, 2014

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